

PE FITT Principle

F	F	E	H	E	A	R	T	R	A	T	E	B	S
F	R	N	F	G	T	I	D	T	F	T	Q	M	T
B	S	E	E	T	I	E	Y	A	I	G	A	D	R
O	T	C	Q	B	T	T	N	Y	T	S	S	C	B
D	R	A	X	U	T	T	A	T	N	T	E	I	T
Y	E	R	T	L	E	R	M	Y	E	A	D	B	Y
F	N	D	R	B	I	N	I	P	S	T	E	O	T
A	G	I	X	S	E	N	C	E	S	I	N	R	I
T	T	O	K	A	Y	N	B	Y	L	C	T	E	S
T	H	I	G	F	N	H	E	C	O	I	A	A	N
N	I	I	D	E	T	E	E	F	G	B	R	F	E
E	E	M	Y	T	T	G	Y	E	I	C	Y	T	T
F	I	C	E	Y	O	D	I	O	N	T	D	O	N
Y	T	I	L	I	B	I	X	E	L	F	E	F	I

SAFETY
 STATIC
 BENEFIT
 INTENSITY
 CARDIO
 RISK
 DYNAMIC
 HEART RATE
 TIME
 SEDENTARY
 AEROBIC
 FLEXIBILITY
 TYPE
 STRENGTH
 FITNESS LOG
 BODY FAT
 FREQUENCY

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F	F	E	H	E	A	R	T	R	A	T	E	B	S
F	R	N	F	G	T	I	D	T	F	T	Q	M	T
B	S	E	E	T	I	E	Y	A	I	G	A	D	R
O	T	C	Q	B	T	T	N	Y	T	S	S	C	B
D	R	A	X	U	T	A	T	N	T	E	I	T	
Y	E	R	T	L	E	R	M	Y	E	A	D	B	Y
F	N	D	R	B	I	N	I	P	S	T	E	O	T
A	G	I	X	S	E	N	C	E	S	I	N	R	I
T	T	O	K	A	Y	N	B	Y	L	C	T	E	S
T	H	I	G	F	N	H	E	C	O	I	A	A	N
N	I	I	D	E	T	E	E	F	G	B	R	F	E
E	E	M	Y	T	T	G	Y	E	I	C	Y	T	T
F	I	C	E	Y	O	D	I	O	N	T	D	O	N
Y	T	I	L	I	B	I	X	E	L	F	E	F	I